

7 Tips for Living Gluten-Free on a Budget

1.

Only those with celiac disease or non-celiac gluten sensitivity, need to eat gluten-free.

The less gluten-free specialty items you have to buy, the better. Caution needs to be exercised to avoid cross-contamination in a shared environment.

2.

Sales, coupons, samples and apps

Sales

Before going shopping, always research sales online and check your local flyers for sales at your neighbourhood stores.

Coupons

Many brands make coupons available to encourage new customers to buy their products. Search “gluten-free coupons” for coupon sites valid in your area.

Samples

Samples are a great way to avoid wasting money on a new product you may not like. You can find many sample sites with a simple Google search for “gluten-free samples”

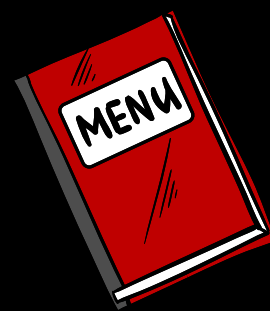
Apps

Helpful apps include Checkout 51 is a great app to check for rebates and coupons for gluten-free products. Flipp will help you find sales for specific items you are looking for.

3.

Plan your meals

Menu planning allows you to incorporate more natural, gluten-free foods, what's in season, what's on sale, and what you have on hand to create delicious (and economical) meals.



4.

Shopping



■

Always create a list that considers your planned meals.

■

Buy whole foods that are naturally gluten-free, as they will most likely be cheaper and will have better nutritional value.

■

Buy fresh seasonal fruit and vegetables at peak season when they are at their cheapest and most delicious.

■

Buy bulk when you find a product you like on sale.

■

Minimize prepared gluten-free specialty/snack foods like crackers, cakes, cookies, and cereals as they are costly.

5.

Cooking

■

Make recipes that use the food you have on hand, that is seasonally abundant, that is on sale that week, and/or that is naturally gluten-free and readily available.

■

Cook in batches. They can be frozen for fast, heat and serve meals when you need them.

■

Check out our [Gluten-free food index](#) to help get you started. We keep our recipes simple, but delicious using common everyday pantry items.

6.

Limit eating out at restaurants and getting take-out

Just as gluten-free products are more expensive in grocery stores, they are also more expensive in restaurants.

7

Build a Network

Join Gluten-Free social media groups - or build your own networks with other gluten-free foodies you know - where you can share shopping tips (including current deals and coupons), recipes and other helpful gluten-free living info.



glutenfreefoodee.com